

Work and Play in the Household

EDITED BY FRANCES MARSHALL

Little Attentions That Make For A Contented Family

Contentment is the characteristic of the really successful home.

A certain spirit of complacency that pervades some homes is not conducive to success of any sort. It is deadening, and produces discontent.

But the home which meets the needs of each of its members that they are satisfied is the home wherein true contentment reigns; and that is the home that is successful, from all the standards by which homes are judged.

"This home has just saved me," remarked a young business man who had fought his way against big odds from house-to-house salesman to that of manager of a big concern. "If it hadn't been for the comfort of staying here and being treated like one of the family, and at the same time having liberty to do things the way I like to, I should have married the first girl who came along, with a big chance that both of us would have been miserable for the rest of our lives."

In this little speech lies the keynote to successful family life and the ever-widening influence which it exerts. To have always an air of affection and interest about the home and still to have each member of the household consider the rights of every other member, results in an ideal circle of people to whom life is a constantly increasing joy, and who are always able to meet the world with a smile.

Nor is this ideal state of affairs such an impossible one to attain. It is accomplished by paying attention to the little courtesies and kindnesses of every-day life, no one of which is too small to be overlooked by any one person. And this is true in a small family as in a large one, in narrow quarters as in spacious apartments. There must be thoughtfulness on the part of all and a general desire not to interfere in a curious way with the going and coming of any of the others.

With husband and wife the very first harmonies are established by a wife's doing everything in her power to aid her husband in carrying out his work, centering her interests in helping him to be successful rather than in outside matters, which do not in any way connect themselves with the foundation of every real home—the money which keeps the butcher's and the baker's and the furniture maker's bills paid. In these days of strenuous grabbing for the powerful dollar, all the working and business men's energies are obliged to be fostered for business life, and a wife has an infinite number of little ways in which to render small attentions that are of invaluable service to him.

Unimportant as it may seem, the breakfast hour is a very decisive time of day, and a wife should respect it as such by not bringing up household or social cares. These should always be discussed after and not before the day's work, which occupies a man's best thoughts during early morning hours. Sorrows and petty grievances have to be laid aside as the new day breaks, and cheerfulness must be the watchword of the breakfast table. Nor is it well to talk too much, for nothing dissipates strength more than talking, and many a man has failed in business life quite as much through the effects of his wife's incessant gabble as from his own worldly delays.

Another little attention which counts much in making a man appreciate his home is to be always at his command when he has unusual duties to perform. If there is a special piece of business that has to be attended to early in the morning, a wife should be up herself, too, to make sure that his breakfast is served hot and appetizingly. Or when the order is reversed and he comes in late, a glass of milk and some dainty left from dinner never fails to find an appetite which the attention is much more appreciated than the food. Equally it is true that every one who is busy during the day wants his meals at regular hours, and not served fifteen or twenty minutes later than they are expected.

But the wife should not be alone in paying little attentions of this sort. The husband has quite as large a share to contribute on his side. In fact, little attentions are even more indispensable to a woman than to a man. A most essential thoughtfulness is an occasional bit of fiery brought home unexpectedly to her, or failing this, a man should make sure that his wife has her recreations as often as he does his.

Then, also, a man should discuss household expenses with his wife at least once a week, not forgetting her personal expenditures. Much unnecessary debt could be avoided by families if expenditures of the household were discussed as often and as carefully as are the finances in a business concern, and it is a man's place to see that expenses are kept up to date. Many women, in being obliged to do it alone, have to sacrifice some of their own allowance, when some slight advance or suggestion would save them endless worry and anxiety. And apropos of money matters, no man can expect his wife to keep up her end of the expenses if he does not give her the weekly or monthly allowance, whatever its amount may be, as regularly as he receives his own pay.

But the structure of a congenial home is only begun by a thoughtfulness between husband and wife. Other members of the family, between whom the bond of affection is not so strong, have to consider quite as many little attentions toward each other that are no less important.

There cannot help being a mutual interest among persons who see so much of each other, whether they be related or not, and a very essential duty is to keep them always posted as to your whereabouts. That is, a sudden call out of town, an unexpected visit for dinner, or the night at some friend's, or any delay in arriving at home on time, should mean that some other member of the family was notified of it immediately. To a careful housewife this is sure to result in a slight reduction of her expense account, while the entire household is assured of the absent one's safety and comfort. Postal cards, too, at regular intervals, keep a separated member in constant touch with the remainder of the family, and are welcomed almost as gladly as a letter.

Remembering all stories and incidents which will be of common interest has a value in maintaining the family spirit. In one house this is a source of endless pleasure, and the table at meal times is alive with conversation and good nature. If a magazine or newspaper contains some article which is particularly readable, or which relates to some former topic of discussion, it is saved and either read aloud or recommended as exceptionally entertaining.

With equal thoughtfulness, holidays and anniversaries of all sorts are marked by the giving of inexpensive gifts, either as a joke or a surprise. No one is for-

gotten. In the same way pleasures are shared. The member who is favored with a visit to the theatre on an entertainment, keeps watch that none of the others are slighted in their good times, or if necessary gives up an outside pleasure, in order that all may share their amusements together.

Aside from these attentions there are many petty annoyances which have to be guarded against at all times. One of these is the unwarranted disturbance of some person while he or she is resting. To waken every member of the family just because you have to get up early is sure to rouse antagonism. On the other hand, the person who steals in quietly when others have retired, takes pains not to turn the gas or light flaring in some one's sleeping face, nor to talk or whisper with a roommate until the wee small hours, assists immeasurably toward the congenial workings of a home and family.

That each person shall have his own toilet articles, writing materials, sewing equipment, etc., goes almost without saying. There is certain to be friction when personal belongings are interfered with, for where one member may not even object to some one's wearing out his clothes, another dislikes to have even his tooth powder touched. In small apartments, underwear, as well as outside apparel, needs to be put away promptly when it comes from the laundry or is taken off, else a continual hubbub exists trying to find clothes when they are needed.

Welding all these little attentions together is the willingness of each member of the family not to pry into the affairs of others, and to realize that he must demand no more than he gives. Mail matter of all kinds should be delivered to the person to whom it is addressed without being curious as to where or whom it is from. Postal cards, too, lose much interest to the recipient if the entire family has read them first.

Questioning in other than a casual way is a very bad habit, no matter how intimate an acquaintance or friendship may be. Persons who mind their own affairs appreciate no attention more than allowing them to give whatever information please them just when they wish to move. The first and last cry in family harmony is that each member shall respect the privacy of every other member.

FOR THE CHILDREN: Here is Monday's child to paste in your scrap book next to Sunday's child, which you had last week. Next Sunday Tuesday's child will join them.



MONDAY'S child is fair of face—
Likes to dress in silk and lace—
She's fond of looking in the glass,
But that's quite natural in a lass.

Read these Monday's children. Answer: Edge of skirt; ditty; upside down; upper right hand corner; eye of powder box; mother's old shoe box.

Training and Mannerly Children

Every mother should realize that with her lies the power of making her children mannerly or unmannerly. In their earliest childhood the foundations of the manners they will carry with them through life are laid. Later training may modify the manners laid on these early foundations. But such modification will come only at the expense of much trouble, both to the child and to its parents or teachers. So it is obvious that just as the all-wise mother gives her child a fair physical start, building up his health so that he will be a strong man, so should she guide his character and teach him to be polite in manner. Let no mother persuade herself that her child will suddenly arrive at a day when he or she will know instinctively what is right and wrong to do. In the training of a child there are no sudden transitions. Yet against this careful training, day by day, a word must be said about expecting too much of children, for just as many children have been spoiled by unreasonable demands upon them as by neglect.

If a child is allowed to monopolize the conversation at the home dinner table, make sure that he will do likewise when he is invited out with his mother to the table of her friends. Then the mother is mortified and wonders why Billy behaves so badly away from home. As a matter of fact, Billy is doing exactly what he always does, but the eyes of the indulgent mother see this only away from home surroundings.

How often I have seen mothers enter a street car with a child too young to pay fare, and then force that child into a seat, leaving elderly people to stand. When those children grow up to manhood and womanhood, it never occurs to them to resign their seat to some tired older person, because in their youth they were advised to get a seat at any cost.

Physicians have told us that the memory of a child begins to develop at seven weeks, and mothers should begin to train their children soon after that. Perhaps one of the most baneful methods of training children is the habit that many modern mothers have of threatening them with various kinds of punishment and never carrying out the threats. It is not unusual to hear mothers say, "I'll whip you if you do that again," then when the child repeats the trick just to see what will happen, nothing follows except another threat from the busy mother. And when the mischievous child grows to womanhood the mother wonders what have Gladys such a stubborn disposition.

Mothers, picture to yourself two children—one with pretty manners who will come into a room and speak to people who will say "please" when asking for things at the table, who does not tell tales on little playmates, and is also rather charming. Then the other who bids his maid "shut up" when she speaks to him reprovingly, who hangs his head when strangers speak to him, and who toys with and complains about the food set before him. Which child do you want to claim as yours?

So much depends upon the individual child that no rule can be set down for children in general. Just as a physician treats each one of his patients in a different manner, so must a mother learn to know the temperament of her individual children and train them accordingly. The bad manners of a child never reflect on the child itself. They are simply an infallible sign that the parents of that child have neglected to train his manners.

A child who is made to eat with the servants and who is hustled off upstairs in the nursery when callers arrive, is bound to develop coarse table manners and to be burdened with that dreaded characteristic, self-consciousness—when old enough to go out into society.

Not long ago I met a well-to-do woman who had a boy of four years. This child threw himself into what he termed "tantrums" every time his mother had a caller. The first time he had one of these temper fits she gave in to him and sent word to her friend asking to be excused.

The child remembered this and repeated the performance at frequent intervals. The mother tried various kinds of threats and forms of punishment, and then she consulted the family physician. Here is his cure: "The next time Jimmy does that, Mrs. Prince, just throw a pitcher of cold water over him. He need not catch cold, for his maid can change his clothes, and I don't think he will do it again."

Mrs. Prince had a pretty good next day, and Jimmy promptly proceeded to lie down on the floor and scream. His mother quietly threw a pitcher of cold water over him. Jimmy gasped, stopped screaming, and his mother went down to greet her guest. In about fifteen minutes Jimmy entered the parlor in a dry suit of clothes, nestled up to his mother, and has never had another "tantrum."

The grace of carriage in children can be developed largely by sending them to dancing school. This is particularly true with girls. It gives them charm of manner, makes them graceful in bearing, and helps them to be a social favorite in future years.

The little girl who is allowed to carry tales about her playmates will develop into a dangerous gossip when she becomes a woman. The mother cannot begin too early to discourage this practice, which in time becomes a habit that cannot be overcome.

So I say to the mothers of children—the children who in time will show the fruits of home training, make friends with your children. Have them eat at the table with you and teach them such table manners as befits young men and women. See that they are made to come in the drawing-room at an early age, teach them to greet guests and to answer questions put to them—make them little men and little women so that when they grow up they can never turn to you and say, "Why did you let me do so when I was a child?" a question that many an awkward, self-conscious and uncouth youth or maiden might well ask.



The incipient stages of the troublesome habit of gossiping begin in early childhood, when the little girl first begins to carry tales about her playmates to her mother and to other children.

Hints for the Busy Housekeeper

A Use for Old Straw Hats.

A dainty embroidery basket to hang on the back of the sewing chair in the family sitting-rooms can be constructed from a wide-brimmed summer hat that has outlived its usefulness as headgear.

If the straw is too badly soiled to be successfully cleaned, get a ten-cent package of dye and color it any artistic shade—burnt orange, old rose, or moss green. Then line it with silkoline or "thin silk" of a pretty color. Sew on a few different sized pockets of the material at intervals around the edge—these to hold the thimble, tape measure, embroidery scissors, spools of thread, and other indispensables. For a handle, sew on opposite sides of the inverted hat the two ends of a yard of inch-wide ribbon matching the lining, concealing the stitches on the outer side with jaunty bows.

If the hat is inclined to spread open instead of lending itself to the basket shape, sew a quarter of a yard of ribbon straight across the opening immediately beneath the handle. This will keep the basket in shape while it will not interfere at all with its usefulness as a receptacle for fancy work.

The same idea can be utilized in making dustier-holders or handy catchalls for the bedrooms and kitchen, the linings in these instances being made of any thin, inexpensive material. For a dustier-holder, the lining should be simply a straight length of the goods, one edge being gathered and sewn around the edge of the hat and the other hemmed and finished with a drawstring.

Reading for the Convalescent.

In the long, dreary days of convalescence, when exertion of any kind is literally a "wariness of the flesh," the problem of providing reading matter that may be easily handled is often a serious one. Practically all bound books and nearly all the monthly magazines are too heavy to be long held by hands weakened by sickness, and when the patient is obliged to maintain a recumbent position they are put quite out of the question.

A woman who has recently nursed a near relative through a protracted stage of typhoid has arrived at an ingenious solution of the problem. Selecting the

Lightest and brightest of short stories

from the current magazines, she first removes them by tying open the wire fastenings that secure them in place. She then binds each story separately in a two-cover of gray or moss green cartridge paper, sewing the cover to the leaves down the back with gold or crimson embroidery silk. When the story concludes half way down the page, she pastes a thick piece of blank white paper over the lower half, and on this she pastes either a short poem, an illustration from one of the weeklies, or a little group of witticisms. Blank paper is also pasted on the reverse side of the first and last pages when they contain extraneous matter.

A booklet of this convenient size weighs practically nothing, and therefore imposes no tax upon the wrists and arms of the invalid. Moreover, since it contains but one story, it does not, as a complete magazine undoubtedly would, tempt the reader beyond his small measure of strength. The doctors say that one of the modern magazines is far too large a dose of literature to be swallowed at one sitting, even by a person in good health, while to any one with a depleted nervous system it is an actual menace. The "handy booklet" idea, therefore, is commendable for more than one reason. A number of such booklets would form an acceptable gift to the free words of our big city hospitals.

When the Carpets Need Cleaning.

A little systematic cleaning each month will preserve the life of a valuable carpet or rug for many years. Many women, in their efforts to live up to the reputation of being good housekeepers, literally beat the life out of expensive rugs. Handsome rugs should never be put on a line and beaten. They should be laid on the grass and whipped gently. They should then be turned over and swept with a stiff broom that has been dipped in ammonia water. This brightens the colors.

The professional cleaner often finishes off this clearing process by washing them with cold oil soap and warm water. This seems to give new life to the wool in the rug. The long fringe on Oriental rugs can be washed in the bath tub. Make a warm suds and dip the fringe up and down in the shallow water, being careful

not to knot it. Then hang in the sun to dry.

Spots on carpets and rugs should be removed immediately, not allowed to stand until the next cleaning day. All sticky substances can be removed by sponging them with a mixture of alcohol and salt—about a teaspoon of salt in a pint of alcohol. Stains caused by shoe or stove blacking should be covered immediately with corn meal, then rubbed with a cloth and finally swept with a stiff brush. Ink spots, if attended to immediately, can be removed by an application of wet salt. Do not rub the spot, however. If they do not yield to the salt, then apply skimmed milk and salt alternately.

The use of tea leaves for sweeping has been abolished by wise housekeepers as the copperas in them will in time ruin a good carpet. The wise woman spreads old newspapers over the carpet which she is going to sweep, first wetting them in ammonia water, about two tablespoons of ammonia to a pail of water.

Salt is excellent to sprinkle on the floor before sweeping, as it helps to bring the color back to its original brilliancy, but it should not be used on a carpet with a heavy nap. For ingrained ink stains, cleaning she goes over her pantry and velvet, first use the papers dipped in ammonia water, and then go over the carpet with a flannel cloth wrung out in borax water.

Old pieces of cutting flannel make the best rag for cleaning carpets. Next to this is old underwear on which there is no lint.

The Paint Pail in Housecleaning.

Our grandmothers had a penchant for decking their closet shelves out with neat facings of cut paper. Sometimes they bought this by the yard and sometimes they spent hours snipping away with the scissors to make their neat shelf papers. Our grandmothers didn't know that these papers were an open invitation to insects and a thousand germs they dreamed not of. But nowadays no fastidious housewife indulges in these neat papers. Instead, with every spring housecleaning she goes over her pantry and closet shelves with a pot of white enamel paint, or if she shelves have been enamelled before she has them scrubbed with warm water and soap without fear of hurting the enamel.

SEASONABLE RECIPES FROM FAR AND NEAR

PUDDINGS AND THEIR SAUCES.

Fruit Tapioca.

Soak a cup of tapioca over night in cold water. In the morning drain off the water and put the tapioca into a pudding dish with alternate layers of any desired fruit. Either peach or apple is very good, and pineapple makes a dainty flavor. Sprinkle sugar on the fruit as you put it in and moisten with a little water or fruit juice. Bake until the tapioca looks clear. Serve cold or warm with whipped cream.

Ginger Pudding.

Stir a tablespoon of butter into half a cup of sugar. Beat two eggs and stir in the sugar and butter. Add a cup of molasses, a cup of warm milk, and one tablespoon of ginger. Bake in a hot oven until well browned. Serve with cream or a wet sauce.

Winter Pudding.

Two tablespoons of butter creamed with a quarter of a pound of sugar. Then add two eggs well beaten and half a pound of flour with a teaspoon of soda. Put in two generous tablespoons of jam or any preferred preserve and pour all in a well-buttered pudding mold with a piece of buttered paper on top. Put the mold in a saucepan of boiling water and cook for two hours. Serve with a custard sauce.

Cottage Pudding.

This is one of the oldest and best liked of all puddings, easily cooked and very satisfying. One pint of flour and two teaspoons of baking powder; one cup of sugar and one cup of milk; two ounces of butter creamed into the sugar; one egg stiffly beaten. Flavor with the grated rind of one lemon. Add the flour last. Bake in a cake pan in a hot oven and serve at once with a thin wine sauce.

Mocha Pudding.

Make a scant cup of very strong coffee by boiling the freshly ground coffee beans

with boiling milk. When this is cooked and free from all grounds, place in a saucepan with six tablespoons of butter and six ounces of these ingredients have blended, add six ounces of finely grated sponge cake or stale lady fingers. Stir the mixture over the fire until it is sufficiently thick to leave the sides of the pan. Take from the stove and add four tablespoons of powdered sugar, one teaspoonful and a half of vanilla extract and the yolks of four eggs, beating one at a time into the mixture before adding another. Add a pinch of salt to the whites of the four eggs and whisk them to a stiff froth. Stir them lightly into the pudding. Pour the mixture into a mold and steam for two hours. Serve with custard sauce.

Dainty Pudding.

Take six eggs and beat the yolks and whites separately until very light. Stir in three-quarters of a pound of sugar and six spoons of flour into which two teaspoons of butter have been stirred. Add a wineglass of sherry or white wine, though sherry is the best, and half a pint of cream mixed with a pint of milk. Beat until very light and bake in a quick, hot oven. This pudding does not require any sauce, though of course one may be served if desired.

Caramel Cream Pudding.

Put two cups of milk and one cup of thin cream into a saucepan with four ounces of loaf sugar and the thinly pared rind of half a lemon. Beat the yolks of four eggs very thoroughly and whisk the whites to a stiff froth, finally mixing them with the yolks. As soon as the milk reaches the boiling point, pour it into the basin containing the eggs. Stir until it becomes a smooth custard, remove from the fire and leave to cool. Put four ounces of loaf sugar into a small enamel saucepan with two tablespoons of cold water. Stir occasionally until the sugar has melted and then let it boil gently until the syrup becomes caramel and turns

a deep golden brown. Pour the caramel into a warm china bowl and turn the latel round and round until it is evenly coated with the brown caramel. Place the bowl, which should be of one good size, in a basin of ice cold water or crushed ice so that the caramel will set quickly. Add one teaspoonful and a half of vanilla to the custard and pour it into the caramel-lined bowl. Cover securely with buttered paper and cook for thirty-five minutes in a moderate oven. Pour out of the bowl onto a platter and serve at once.

Baked Orange Pudding.

One cup of sugar, large tablespoon of butter, two eggs, and one and a half cups of milk, two cups of flour, and two teaspoons of baking powder, flavor with the grated rind of two large oranges. Bake until golden brown in a brick oven. Serve with the following sauce: Four large tablespoons of sugar, two of butter, and one of flour. Cream these three ingredients together until perfectly smooth. Beat the white of one egg to a froth and add it, pour over the mixture half a cup of boiling water, stirring the mixture until it is creamy, and allowing no lumps to form. Have prepared two large oranges, from which all the peel and skin have been removed, also the seeds, and chop them in small pieces. Remove the yolks of the eggs, the sugar, and the lemon from the fire and add these oranges. Serve the pudding piping hot in the pudding dish, have sauce in separate dish, and pour a goodly lot over each portion.

Steamed Chocolate Pudding.

Cream together one cup of sugar with half a cup of butter, and add to this the yolks of two eggs which have been beaten on light; then add one cup of milk. Melt one ounce of chocolate over a dish of hot water, and add this to the batter. Sift two cups of flour and add to it two teaspoons of baking powder, and beat into the mixture until perfectly smooth. Whip the whites of the two eggs to a stiff froth and add lastly. Put the mixture in table-

spoonfuls in small cup, set the cup in a pan of hot water, and steam for three-quarters of an hour in a moderate oven. Serve with the following sauce: Cream together one cup of powdered sugar and half a cup of butter, add one teaspoon of vanilla, and gradually add half a cup of rich milk, stirring the mixture until it is a deep baking dish bake twenty minutes and serve cold with whipped cream sweetened and flavored with a little sherry wine.

Fruit Pudding.

Wash and soak one pound of good California prunes overnight. In the morning steam them until tender in the water in which they soaked, which should be quite clear if the prunes were properly washed. When tender, drain off the water, stone and chop the prunes. Beat the whites of four eggs very stiff, add gradually one cup of sugar, beating all the while, and finally the chopped prunes. Pour at once into a deep baking dish, bake twenty minutes and serve cold with whipped cream sweetened and flavored with a little sherry wine.

Queen Pudding.

Take one pint of bread crumbs, one quart of milk, a coffee cup of sugar, the yolks of four eggs, and the grated rind of one large lemon. Beat together the yolks of the eggs, the sugar, and the lemon on until thoroughly blended, then add the bread crumbs and milk. Bake until a golden brown. When the pudding is done beat the whites of the four eggs with a half pint of boiling water and stir into it. Now over the top of the pudding spread a thick layer of currant jelly or a tart raspberry jam, and over this spread the crumbs of the eggs. Set in oven again long enough to brown the top.

Maple Sugar Sauce.

This sauce is good to use with any sort of boiled pudding if the flavor of maple is liked. Melt in a half pint of water and over a slow fire half a pint of genuine

maple sugar. Let it simmer and remove all scum, then add four tablespoons of butter mixed with a teaspoonful of cream and part of a grain of nutmeg. Boil for a few minutes and serve.

Lemon Sauce.

Two eggs, the juice and rind of two lemons and two cups of sugar; beat together and just before serving add a pint of boiling water. Set this on the stove and when it comes to the boiling point it is ready to serve. Sauce boiled after the lemon has been added will be bitter.

Whipped Cream Sauce.

This sauce is delicious with fruit puddings and was invented by a Western woman. Whip up a pint of thick sweet cream and add the beaten whites of two eggs and sweeten to taste. Place the pudding in the center of the dish and surround it generously with this sauce and it is ready for the table.

Orange Hard Sauce.

Cut the skin of a thin orange into six equal parts, turn down the parts and remove the orange. Extract the juice and drop it into white sugar until the whole will make a ball. Then place the ball back in the orange skin and it is ready to serve. Lemon sauce is made the same way, but the lemon is cut into only four pieces.

Grape Jelly Sauce.

Melt two tablespoons of grape jelly and an ounce of sugar over the fire in a half pint of boiling water and stir into it half a teaspoonful of corn starch dissolved in half a cup of cold water. Let this come to a boil and it is ready to use.

Cream Sauce.

One teaspoon of powdered white sugar, a small half teaspoon of butter, and a half teaspoon of rich cream. The butter and sugar must be beaten thoroughly before the cream is put with them. Stir the whole into a half teaspoon of boiling water, place over the fire for a few moments,

stirring constantly; remove and add flavoring to taste.

Custard Sauce.

One pint of milk and two eggs beaten together with sugar to taste. Put in a saucepan over a low fire and stir gently until it thickens a little. It must not boil. Just before serving add a bit more sugar and flavor with brandy. Grate a little nutmeg over the top. This is excellent for the cottage pudding.

Hard Sauce.

Beat six ounces of butter until white and creamy. Then add the same amount of powdered sugar gradually and stir until thoroughly light. Heap this in a little mound on a dish, grate nutmeg over it, and pour on a little sherry or brandy.

Foam Sauce.

Beat the yolks of two eggs with two tablespoons of sugar and a wineglassful of wine. Put in a double boiler or in a bowl which you can place in a saucepan of boiling water and stir until foamy.

Brandy Sauce.

One cup of butter and two cups of sugar beaten to a cream. Add one teaspoon of flour and brandy to taste. Put over boiling water and stir until foamy. Add grated nutmeg and lemon juice just before serving.

The editor will be glad to receive and publish favorite recipes and to answer questions of readers.